

Group Fitness Timetable



Time:	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:
7:00am	AQUA Pilates 45 minutes				
8:00am	AQUA 45 minutes		AQUA HIIT 45 minutes		AQUA 45 minutes
12:15pm				AQUA Pilates 45 minutes	
1:15pm		AQUA 45 minutes		AQUA HIIT 45 minutes	
6:00pm	AQUA HIIT 45 minutes	AQUA Pilates 45 minutes	AQUA 45 minutes		